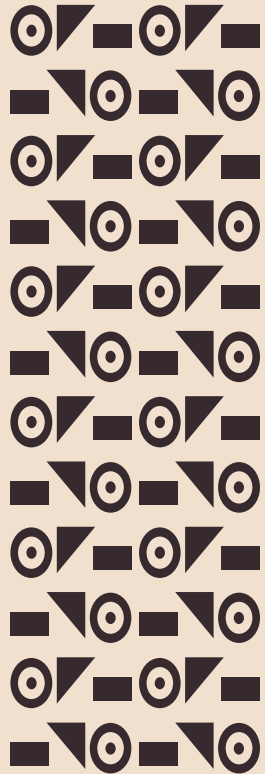




*Let's Go Upstream: Investigating
the Intersectionality of Spirituality
and Diabetes*

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Welfare Baptist Church, Senior Pastor





Learning Objectives

01

Compare three spiritual belief systems and their commonalities, which impact one's view of disease management

02

Discuss the link between spiritual beliefs and socioeconomic status

03

Identify strategies to positively impact the health disparities faced by those predisposed to diabetes.

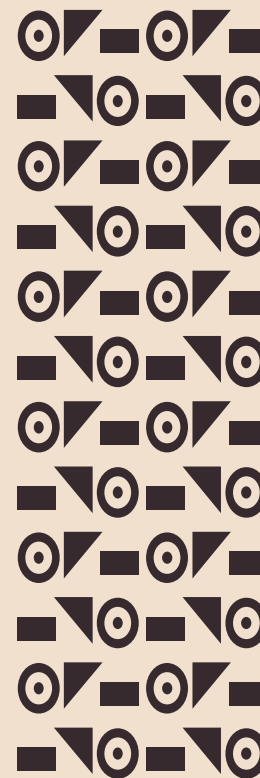
Introduction

Critical Aspects of the Intersectionality of Spirituality and Diabetes

- Spiritual Beliefs Influencing Health Behaviors
- Holistic Health Perspectives
- Community and Social Support

Relevance to Disease Prevention and Management

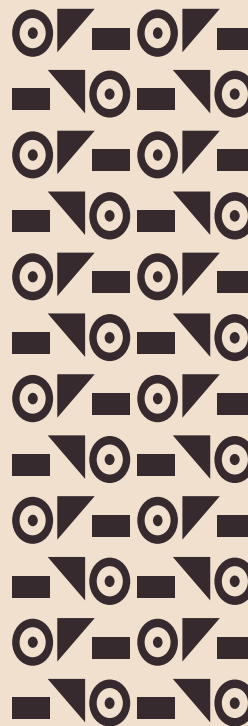
- Improved Patient Engagement
- Culturally Sensitive Healthcare
- Targeted Health Intervention
- Addressing Health Disparities



Characteristics of Spirituality

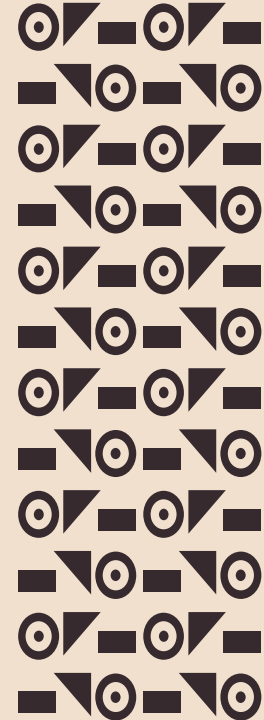
We are not human beings on a spiritual journey but spiritual beings on a human journey. – Pierre Teilhard De Chardin

- Spirituality is at the heart of caring for the whole person
 - Information age to intuition age
 - Less logical, linear, and mechanical thinking
- Spiritual care vs. Religious care
 - Integrative perspective
 - Psychological-self conscious
 - Physical –world conscious
 - Spiritual-God conscious



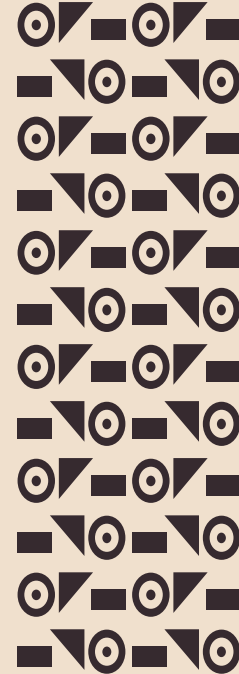
Theoretical Perspectives

- Psychological Theories
 - Internal motives
 - Self vs God
 - Search for spiritual meaning
- Sociological Theories
 - Studies groups of people
 - Spiritual practices of groups
- Medical Theories
 - Little attention to the spiritual dimension
 - Process of using religion/spirituality to cope
- Nursing Theories
 - Betty Neuman Systems Model
 - Margaret Newman's Theory of Health



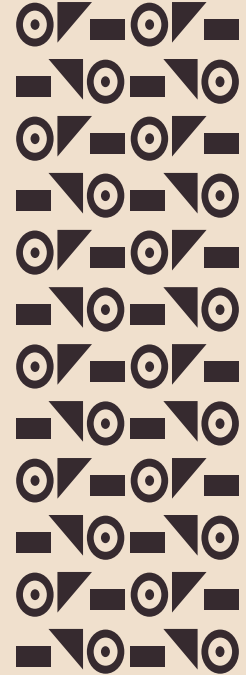
Christianity, Islam, and Buddhism: Commonalities in Health Perspectives

- Christianity: The role of prayer, faith, healing, and the church community in managing illness.
 - Holistic view of Health
 - Faith and Healing
 - Community and support
- Islam: The concept of predestination, fasting, and charity in health.
 - Health as a Blessing
 - Diet and Fasting
 - Faith and Medicine
- Buddhism: Mindfulness, meditation, and karma's influence on health
 - Mind-Body Connection
 - Karma and Health
 - Non-Attachment and Suffering



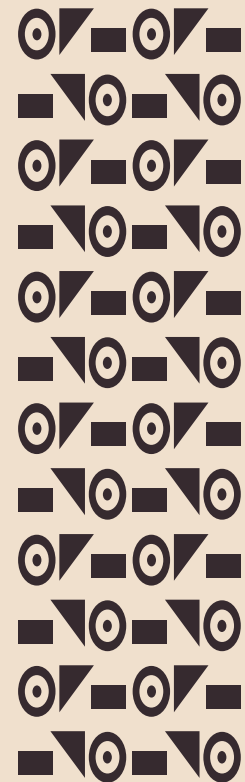
Spiritual Beliefs and Socioeconomic Status

- Is there a connection? Do spiritual beliefs impact economic behaviors?
 - Perspective of wealth, charity, ethical consumption, and financial risk
 - Community welfare, ethical living, long-term stability (impact economic outcomes)
- Implication for Access to Healthcare
 - Financial and Geographic Barriers
 - Health Literacy and Education
- Implications for Access to Spiritual Resources
 - Financial and Social Barriers
 - Availability of Spiritual Resources
- Combined Impact on Health Outcomes
 - Physical Health
 - Chronic Disease Management and Mental Health
 - Health Behaviors
 - Coping and Resilience
 - Emotional and psychological support



Strategies for Positive Impact

- Christian Perspectives
 - Health Ministries that focus on education, prevention, and management
 - Organize workshops, provide screenings, and support groups
 - Leveraging Social Support
 - Mobilize the church community to conduct outreach programs
 - Involvement of clergy
- Islam
 - Emphasize health as a religious duty
 - Community-based health programs
 - Zakat(obligatory charity) and Sadaqah (voluntary charity)
- Buddhism
 - Mindfulness and Health
 - Ethical and Compassionate living
 - Community Involvement and Education
- Interfaith Collaborations
 - Pooling resources
 - Engaging Youth and Families



Questions

1. What three belief systems were examined and discussed, and what commonalities exist between them?

Answer: *Spiritual Belief Systems:*

Christianity

Islam

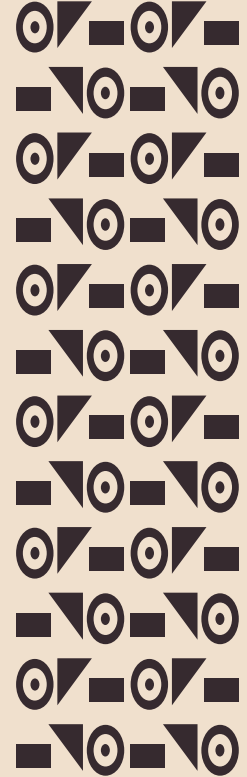
Buddhism

Spiritual Belief Commonalities

Belief in a higher power or divine force

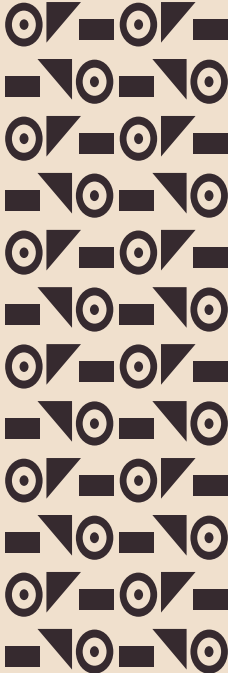
Emphasis on prayer and meditation

Focus on community support



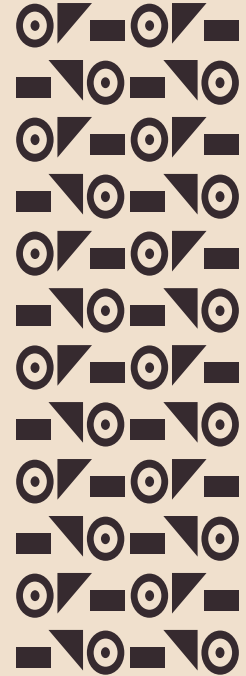
Questions

- 1. Do spiritual beliefs impact economic behaviors? If so, how?
 - Perspective of wealth, charity, ethical consumption, and financial risk
 - Community welfare, ethical living, long-term stability (impact economic outcomes)



What links exist between beliefs and socioeconomic status?

- Implication for Access to Healthcare
 - Financial and Geographic Barriers
 - Health Literacy and Education
- Implications for Access to Spiritual Resources
 - Financial and Social Barriers
 - Availability of Spiritual Resources
- Combined Impact on Health Outcomes
 - Physical Health
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Questions

1. Identify some strategies to positively impact the health disparities faced by those predisposed to diabetes?

- Christian Perspectives

- Health Ministries that focus on education, prevention, and management
 - Organize workshops, provide screenings, and support groups
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